



NAVY AIR LAKEHURST



SAFETY AND HEALTH NEWSLETTER

NOVEMBER 2002

NAES LAKEHURST PUBLIC SAFETY DEPARTMENT

VOLUME 6, ISSUE 2

Furnace, Space Heater, and Fireplace Safety Tips

With the first cold-snap of fall, many area residents are turning on their furnaces/fireplaces to keep warm. In an effort to prevent tragic home fires:

Furnace Safety

Have your furnace checked and cleaned regularly by a qualified repair person.

- ⇒ Be sure all furnace automatic controls and emergency shutoffs are in good condition.
- ⇒ Leave furnace work to the experts. Don't attempt repairs unless you are qualified.
- ⇒ Have the repair person check the wall and ceiling near the furnace and flue. If they are hot, additional insulation or clearance may be needed.
- ⇒ Check to ensure the flue pipes are well supported, free of holes and clean.
- ⇒ Make sure the chimney is solid with no cracks or loose bricks. All unused flue openings should be sealed with solid masonry.
- ⇒ Keep trash and combustible storage away from the heating system.



Fireplace Safety

- ⇒ Have your chimney inspected annually for damage and obstructions.
- ⇒ Clean the chimney regularly to avoid buildup, also known as creosote, that could ignite your roof.
- ⇒ Be sure to use a screen in front of your fireplace large enough to catch rolling logs or sparks.
- ⇒ Don't use flammable liquids to start the fire.
- ⇒ Don't use excessive amounts of paper to build a fire. It's possible to ignite soot in the chimney by over-building the fire.
- ⇒ Never burn charcoal in your fireplace. Burning charcoal gives off deadly amounts of carbon monoxide.
- ⇒ Be sure no flammable materials hang down from or decorate your mantel. A spark from your fireplace could ignite these materials and cause a fire.
- ⇒ Never close your damper with hot ashes in the fireplace. A closed damper can help hot ashes build up heat, causing the fire to flare up and ignite your room.
- ⇒ Store cool ashes in a tightly sealed metal container.

Electric Space Heaters

- ⇒ The heater should be listed by UL (Underwriter's Laboratory). It should be equipped with a safety light, loud alarm, a switch that automatically shuts the heater off if it tips and a cut-off device in case of overheating.
- ⇒ Space heaters must have space. Keep all objects, pets and people at least three feet away from the heater at all times.
- ⇒ Don't use space heaters in your bathrooms. Do not touch a space heater if you are wet.
- ⇒ Never try to repair the heater yourself.



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Do you have any safety related topics you would like to see in our publication or have any questions we can help with? Contact us at X2525.

NOW HEAR THIS – IF YOU CAN

Noise induced hearing loss is the second most common sensorineural hearing loss, after age related hearing loss, but it is also the most preventable. Of the more than 28 million Americans with some degree of hearing impairment, as many as 10 million have hearing loss caused in part to excessive noise exposure in the workplace or during recreational activities. The economic cost of occupational hearing loss has been estimated to be in the billions of dollars. Some 77,000 service members collect veteran's benefits as a result of hearing damage. Of those, 75 percent, hearing loss is their primary disability, which cost the VA more than \$275 million annually. (1995)

So, how is your hearing? The following test was developed by the American Academy of Otolaryngology and is one way to tell if you have some type of hearing impairment. Answer the following questions with: almost always, half the time, occasionally, or never.

1. I have a problem hearing over the telephone.
2. I have trouble following the conversation when two or more people are talking at the same time.
3. People complain that I turn up the TV volume too high.
4. I have to strain to understand conversations.
5. I get confused about where sounds come from.
6. I have trouble hearing conversations in a noisy background, such as at a party.
7. I sometimes don't hear common sounds such as a doorbell.
8. I misunderstand some words in a sentence and need to ask people to repeat themselves.
9. I especially have trouble understanding the speech of women and children.
10. I work or have worked in noisy environments.
11. Many people I talk to seem to mumble or don't speak clearly.
12. People get annoyed because I misunderstand what they say.
13. I misunderstand what others are saying and make inappropriate responses.
14. **To be answered by a family member or friend.** Do you think this person has a hearing loss?

Scoring: Almost always (3points) Half the time (2 points) Occasionally (1 point)

If you scored 1-5: Your hearing is probably fine. 6-9: Further evaluation may be needed. 10 and above: Seeing a specialist is strongly recommended.

If you would like to have a free screening and audiogram contact the Occupational Health Department of the Branch Medical Clinic at extension 2561.

**REMEMBER NOISE INDUCED HEARING LOSS
IS PREVENTABLE!**

Southern New Jersey Federal Safety & Health Council wins #1 Award

NAES Public Safety's Tom Skirzynski, Chairperson and Stephen Rudowski, Vice-Chairman of the Southern New Jersey Federal Safety & Health Council received the OSHA **"SUPERIOR PERFORMANCE"** Award as the **#1** (Category 1) Federal Safety Council in the country. Mr. John Henshaw, Assistant Secretary of Labor presented the award at a ceremony that took place during the National Safety Council's 90th Annual Congress in San Diego on October 8, 2002.

The Southern New Jersey Federal Safety Council has over four hundred members and represents over 20,000 federal employees in the southern New Jersey area. Chairperson Tom Skirzynski said *"winning the top award was a team effort"*. He would like to thank the *"NAES Safety staff and all the support we received from the command"*.



From left to right: Stephen Rudowski, John Henshaw (presenter) and Tom Skirzynski

The following is the Annual Report of Navy Civilian Occupation Injuries and Illnesses. If you are responsible for maintaining the Official Bulletin Board in your area you need to post this on the Bulletin Board for a period of 30 days as per OPNAVINST 5100.23 (series). If you have any questions, you may contact Mr. Walter Latosh of the Occupational Safety and Health Division at X2525.

ANNUAL REPORT OF NAVY CIVILIAN OCCUPATIONAL INJURIES AND ILLNESSES

A. UIC 68335
(List all UICs included on this report with ISIC first)

C. Naval Air Engineering Station
(Complete mailing address of activity)

D. Lakehurst, New Jersey 08733-5027
(City, State, Zip)

B. Reporting Period **09** **30** **02**
Month Day Year

E. NAVAIRSYSCOM
(Immediate Superior in Command)

F. 10/15/02
(Date Prepared)

CODE	INJURY AND ILLNESS CATEGORY	TOTAL CASES (1)	DEATHS (2)	LOST TIME CASES (3)	NO LOST TIME CASES (4)	FIRST AID CASES (5)
10	Occupational Injuries	51	0	41	9	1
	Occupational Illnesses					
21	Occupational skin diseases or disorders	0	0	0	0	0
22	Dust diseases of the lungs (pneumoniosis)	0	0	0	0	0
23	Respiratory conditions due to toxic agents	0	0	0	0	0
24	Poisoning (systemic effects of toxic materials)	0	0	0	0	0
25	Disorders due to physical agents (other than toxic materials)	0	0	0	0	0
26	Disorders due to repeated trauma	12	0	1	11	0
29	All other occupational illnesses	2	0	1	1	0
	TOTAL CIVILIAN OCCUPATIONAL INJURIES AND ILLNESS					
30	Total occupational illnesses (21-29)	14	0	2	12	0
31	Total occupational injuries and illnesses (10 + 30)	65	0	43	21	1
40	Total hours worked by personnel (This report period)	3, 737,269				
50	Average number of personnel (This reporting period)	1,865				

OPNAV 5102/8 (10/94)

PERSON PREPARING REPORT STEPHEN N RUDOWSKI

LOCAL PHONE 732-323-2525

Supervisors
Remember to report all injuries & illnesses to the Safety office immediately.

FROM THE POLICE DESK.... by Sgt. Joe Lima X4041

Seasonal Driving Tips:

WINTER DRIVING TIPS

Winter driving conditions can be quite dangerous, which means if you need to be outside, you should prepare yourself and your vehicle wisely. Remember that in winter weather, stopping is often the hard part, and it's the tires that do the stopping. So take proper care of them. They are a critical part of the three-member team - your car, your tires, and you - that can get you through the winter safely if you follow the rules.

First, think about your tires. Are they rated as all-season tires? That means they have a tread designed to give you better traction in the wet and in the snow. If not, a double dose of caution is called for. You might think about investing in winter tires (formerly called dedicated snow tires) if you live in a snowy area. Remember, it is important to see your tire dealer for proper installation of winter tires on your vehicle.

Are they properly inflated? The answer may well be "no," because as the temperature outside drops, the air inside a tire contracts and the pressure drops - one or two pounds for every ten-degree drop. Contrary to common belief, underinflation does not give tires better traction in the snow. It only makes them more vulnerable to damage. Winter or summer, your tire's worst enemy is underinflation. Of course, you should check your tires when the weather turns cold, and bring them up to correct pressure.

Second, remember that no matter what kind of vehicle you drive, you still are driving on only four tires, just like everyone else. Four-wheel drive may help you go better in the snow, but it won't help you stop better, or keep you from skidding. Don't let your four-by-four make you overconfident!

Third, let your tires do the job they are designed for. They can keep you out of trouble if you use them correctly:

- Avoid sudden movements of the car. Accelerate gently. Turn gradually. Easy on the brakes when stopping. Those are ways to let the tread on your tires maintain good traction. Spinning or sliding tire means your vehicle is out of control.
- If you do go into a skid, and your car has an anti-lock braking system (ABS), apply steady pressure to the brakes and turn in the direction of the skid. Don't pump the brakes.
- If you get stuck in the snow, spinning your tires too fast can overheat them to the point where they will explode and cause injury. Rocking your vehicle gently back and forth is the correct way to get out of a problem. If your vehicle has ABS brakes, follow the instructions in the owner's manual.

No matter what your winter emergency is you should always have on hand the following items:

- ⇒ Flashlight
- ⇒ Jumper cables
- ⇒ Abrasive material (like sand, kitty litter, traction mats, even floor mats)
- ⇒ Shovel
- ⇒ Warning devices
- ⇒ Blankets (or floor mats and newspapers)
- ⇒ Snow Brush/Ice Scraper

CPSC, Swingline Announce Recall of Rechargeable Staplers



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Swingline, a division of Acco Brands Inc., of Lincolnshire, Ill., is voluntarily recalling about 11,100 cordless, rechargeable staplers. If a consumer inadvertently releases the spring-loaded staple magazine while holding the stapler close to his/her face, there is a risk of injury from a fully loaded magazine striking a consumer in the face.

Swingline has not received any reports of incidents. This recall is being conducted to prevent the possibility of injuries.

The recalled cordless stapler is silver and black and comes with a black charger and charger base. The stapler, charger, and charger base have the name "Swingline" printed on them. The stapler's model number, 48201, as well as the words "Made in China," are stamped on the battery cover on the bottom of the stapler. If the battery cover has the letter "S" in the upper right corner, then the stapler is not included in the recall.

Office supply retailers nationwide sold the staplers from June 2002 through September 2002 for about \$75.

Consumers should stop using these staplers immediately and contact Swingline at (800) 352-6853 between 9 a.m. and 9 p.m. ET Monday through Friday for a free replacement. For more information, consumers can log on to the company's website at www.swingline.com/customerservice

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

CPSC, Oriental International Trading Company Announce Recall of Baby Walkers



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Oriental International Trading Company, of Los Angeles, Calif., is voluntarily recalling about 3,500 baby walkers. The walkers will fit through a standard doorway and are not designed to stop at the edge of a step. Babies using these walkers can be seriously injured or killed if they fall down stairs.

Oriental International Trading has not received any reports of injuries involving these walkers. This recall is being conducted to prevent the possibility of injury.

This recall includes the "Honey" model baby walker. The walkers are intended for a baby 5 months and older. They were sold in blue, yellow or pink with a padded seat and an activity tray. Model numbers included in the recall are 820, 860, 862 and 802. The model numbers are printed on the seat backs. A warning label on the walker reads in part, "WARNING: Suitable for babies between five and ten months old."

Independent discount stores located in Arizona, California, Texas, Illinois, North Carolina and New York sold these baby walkers from May 2001 through June 2002 for between \$18 and \$22.

Consumers should stop using these walkers immediately and return them to the store where purchased for a full refund. For more information, consumers can contact Oriental International Trading Company at (866) 666-9868 between 9 a.m. and 5 p.m. PT Monday through Friday. Consumers can also visit the firm's web site at www.bike-stroller.com.

CPSC worked with industry to revise the voluntary standard for baby walkers to address injuries from falls down stairs. The revised standard was published in 1997. Children falling down stairs in walkers have accounted for most baby walker-related injuries. New walkers that meet the voluntary standard have special features that stop the walker at the top step. Baby walker-related injuries to children under 15 months old have declined over 60 percent from an estimated 20,100 in 1995 to 7400 in 2000.

HAZARD
ALERT

NFPA STUDY FINDS THAT FIRE DEATH RATES VARY GREATLY FROM STATE TO STATE

Where you live can make a big difference in your likelihood of dying in a fire, but everywhere in the United States, you're safer from fire today than you were two decades ago.

Those are the key findings in a new state-by-state analysis of fire death patterns by the NFPA (National Fire Protection Association). The study found that, although death from fire dramatically declined overall—from 5,804 deaths in 1980 to 3,347 in 1999. There are huge variations from state to state in how many people die.

The states with the highest fire death rates in 1999 were Alabama, Tennessee, Mississippi, South Carolina and West Virginia. Those with the lowest rates were New Hampshire, Hawaii, Utah, Colorado and California. But every state had a lower fire death rate in 1999 than it did in 1980.

The differences among states are explained chiefly by the characteristics of the population. The highest fire death rates were in states with a higher proportion of adults who lack high school education, who smoke or who are poor.

So a high fatality rate does not mean that state and local fire officials are doing a poor job. At the same time, though, a state can lower its death rate without changing its population.

The experience of South Carolina illustrates this point. South Carolina had the nation's highest fire death rate in 1988 and 1989. Then it introduced a statewide fire-safety program that emphasized smoke-alarm installation and fire-safety education. By 1991, the states rank had dropped to number 6. Right after the program lost its funding, the death rate went up again, and by 1993, South Carolina had the nation's second-highest fire death rate. The program has since been restored.

"What this study shows is that fire deaths can be prevented. They're not inevitable". Said the report's author, John R. Hall, Jr., Ph.D. of NFPA's Fire Analysis and Research Division. "When a community reaches out to educate the public and provide the tools to be safe, lives can be saved.. Universal fire safety education in schools and compliance with modern consensus fire safety codes and recommended rules for safe use of home products, all are additional steps that have been proven to save lives in any state, for any group of people.

Four of every five fire deaths occur in the home. But many can be prevented if there are working smoke alarms on every level of the home and outside all sleeping areas. Additionally, every household should draw-up and practice a home fire escape plan that includes two ways out of each room, unobstructed and easy-to-use exits, a meeting place outside, and a posted emergency number for the fire department. Consider, too, home fire sprinklers, as they cut the chances of dying in a fire by more than half.

The study of fire death patterns by state was drawn from the national database of death certificates collected by the National Center for Health Statistics, which includes most but not all fire deaths. For example, the database does not count arson deaths, often categorized as homicides or suicides, and fire deaths after a vehicle crash. Because of such anomalies, small differences between states should not be overemphasized. But the major patterns that the study found are valid.

For this and other NFPA Headlines, please visit <http://www.nfpa.org/pressroom/index.asp>.